

# WELLNESS RETREAT



THE LENSBRURY

**£45 INC. VAT FOR 3 COURSES**

Please select same starter, same main course, and same dessert for your group

## Starters

### Citrus Avocado Salad

Mixed greens with orange segments, avocado, red onion, toasted almonds, and a light citrus vinaigrette.

### Quinoa Chickpea Medley

Protein-rich quinoa with chickpeas, cucumber, cherry tomatoes, and fresh herbs in a lemon-tahini dressing.

### Mediterranean Lentil Soup

A hearty blend of red lentils, tomatoes, garlic, and Mediterranean spices garnished with parsley.

### Watermelon & Mint Salad

Refreshing watermelon cubes with crisp arugula, fresh mint, sea salt, and a squeeze of lime.

## Mains

### Roasted Vegetable & Farro Bowl

Nutty farro topped with seasonal roasted vegetables and drizzled with a basil-tahini dressing.

### Spiced Chickpea & Quinoa Stew

A robust stew featuring quinoa, chickpeas, and a blend of warming spices, finished with fresh cilantro.

### Black Bean & Sweet Potato Burger

Savory black bean and sweet potato patty served on a bed of mixed greens with tangy tomato salsa.

### Thai Peanut Tofu Noodle Salad

Rice noodles tossed with grilled tofu, shredded carrots, red bell pepper, and a spicy peanut dressing.

## Desserts

### Mixed Berry Coconut Parfait

Layers of seasonal berries and creamy coconut yogurt lightly drizzled with agave syrup.

### Chia Seed Pudding with Fresh Fruit

Creamy chia pudding topped with a colourful medley of fruits and toasted nuts.

### Grilled Peach with Sorbet

Grilled peach halves served with a refreshing scoop of homemade sorbet and a drizzle of maple syrup.

## Coffee Break Options (Extra supplement charge of £3/person)

### Date & Walnut Energy Bars

Naturally, sweetened bars made with dates, walnuts, and a hint of cocoa for a wholesome treat.

### Fresh Cut Fruits

### Mango & Chia Pots